

Shooting suspect 'dazed' in court

Student accused of killing Colorado moviegoers appears dishevelled and altogether out of it in first appearance

PAGE 8



TEAM CANADA LIMPING INTO GAMES

PAGE 25



**TURN TO
PAGE 19 FOR OUR
NEIGHBOURHOOD
FEATURE:**

EASTERN PASSAGE

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Tuesday, July 24, 2012



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TUG LEADS PARADE OF SAIL

PAGES 4-5

Theodore Tugboat and HMS Bounty head out to start the Parade of Sail on the Halifax harbour on Monday as the five-day Tall Ships festival in Halifax came to a close. Monday's event brought thousands out to the waterfront. JEFF HARPER/FOR METRO

Nova Centre gets more yays than nays

Public meeting on downtown development project draws mostly positive reaction

PAGE 3

Jackets trade Rick Nash to Rangers

Star forward gets his wish

PAGE 23

Downton Abbey secrets revealed

Spoilers are afoot as PBS previews Season 3 of its megahit period drama

PAGE 12



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North end

Incumbents Sloane, Watts to battle in District 8

Dawn Sloane is running for council again, but for north-end Halifax, not downtown.

The current councillor for Downtown Halifax issued a release Monday to officially declare her intentions to re-offer in the upcoming municipal election. Under the new revamped council boundary districts, she has decided on District 8, Peninsula North.

Under the new boundary districts for the new 16-person council, Sloane's current district falls both in the downtown and north-end Halifax.

The other candidates in District 8 are Connaught-Quinpool, Coun. Jennifer Watts and Trent Peacock.

PHILIP CROUCHER/METRO

Fatal afternoon

Toddler killed in P.E.I. accident from Dartmouth

Police in Prince Edward Island say no charges will be laid after a three-year-old Dartmouth boy was hit by a pickup truck and died.

The RCMP say Aiden Mackenzie was riding a small bike at the Raceway Park in Oyster Bed when he was hit on Sunday afternoon.

Investigators say the 28-year-old driver of the truck was heading toward the track area and didn't see the child.

The truck driver, who like the child is from Dartmouth, is known to the family.

The driver was a participant in the drag races. He was driving from the waiting area to the track area in his truck when he accidentally struck the boy.

PHILIP CROUCHER/METRO



During a meeting on Monday community leaders and the public discussed ideas and offered insights into the potential of the Nova Centre. METRO

Nova Centre garners high expectations

Public consultation.
Participants voice
concerns, aspirations for
\$500-million downtown
convention centre

TOM
MASON
halifax@metronews.ca

If we're going to build it, let's build it well.

That was the overwhelming consensus at a public-consultation meeting in Halifax on Monday night that heard input into the design of the Nova Centre, which will include a new downtown convention centre.

Billed as an opportunity to

Next meeting

The next meeting in the series will be held Thursday at 7 p.m. at the Pavilion at Seaport Farmer's Market in Halifax.

share "ideas, insights, and inspiration on Nova Centre," the meeting was attended by about 60 people including developers, event promoters, politicians, urban planners and interested members of the public.

About 125 people live-streamed the event online.

The majority of the approximately 25 speakers expressed approval for the idea of the

downtown convention centre. Many spoke of the need to create a meeting space that would rejuvenate downtown Halifax and expressed the hope the Nova Centre would fit that bill.

Concert promoter Brookes Diamond echoed the sentiments of many at the meeting. "We have been living in a city that has been going through a long spell of negativity, slippage and decline," he said. "This is a tremendous opportunity to develop our downtown and show the world we can really do something very special. That's what this project represents."

Mayoral candidate Fred Connors compared resistance to the Nova Centre to the opposition he faced personally

when he located his hair salon and café in an old bank building in Halifax's north end eight years ago — a decision he said eventually gained the approval of the community.

"Whether you support this project or not, every single person in Halifax is desperate to see symbols of progress in this city," he said. "A lot of people are hoping that this building is going to be that symbol of progress."

There were a few dissenting voices heard throughout the meeting. Beverly Miller from Coalition to Save the View said "there is very little we can find that's positive about this project" and called the format of the meeting "a whitewash."

1

NEWS

On the web

Athletic prowess redefined

We're only a few days away from the opening ceremonies in London and already a group of Paralympians is stealing the spotlight with their talents. Go to metronews.ca to read more.

Mobile news



A Czech artist has gone the extra mile in celebrating the Olympics by creating a six-tonne double-decker bus that groans and grunts as it does pushups for the public. Scan the code to watch.



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Parade of sail a special moment for Larinda

Tall ships 2012. Half the fleet heading south and other half heading north to other Nova Scotia ports



JENNIFER
TAPLIN

jennifer.taplin@metronews.ca

Larinda's spin around the harbour in Monday's Parade of Sail was an especially proud moment.

The tall ship was sunk in that very same harbour by hurricane Juan in 2003 and was lifted out of the water and restored over the past nine years. This festival was the first one Larinda attended under the strength of her own sails.

"So today for the parade, this is the first time she'll have all sails up and in company with the others," said Larinda's captain Michael Watson, hours before she set sail. "It's hard not to get choked up for most of the core crew here as they've been working on her for years."

Larinda, whose home port is in Boutilliers Point, carried a crew of six on Monday but they also had several family members and friends on board.

It wasn't just the crew members who were emotional over the Larinda's presence in Halifax. Watson said he's never seen a warmer crowd.

"Almost everyone knows

this boat and what happened to it," he said. "When they have done the tour, especially downstairs and back, they put their hands on their breasts and say 'God what a beautiful job.' It makes me as captain think this is pretty special."

Parades of sail are often the highlight of a festival as thousands and thousands of people line the shores to catch a glimpse — and more than a few photos — of the tall ships as they head out.

"It's like you're in traffic but you're really on show and everyone looks their best. It's like a marching parade only we're sailing," Watson said.

Everything is well orchestrated and even with pleasure craft cluttering up the harbour, the ships managed well enough. But that doesn't mean accidents can't happen.

Richard Bailey, captain of the Gazela, said the ship was in a parade of sail in Bermuda in 1976 at the start of a race when things got a little hairy.

"Two big ships squashed Gazela between them and she lost her main top mast, but that was light damage and it was 30-odd years ago," Bailey said.

Still, it's a beautiful way to say goodbye to a city and it can be emotional for any crew.

"If we were sailing to Europe we might be feeling super nostalgic and a little heartbroken but since we're only sailing overnight to Port Hawkesbury I don't think we'll be too bad, but I think everyone will miss Halifax."

Quoted

"Sometimes it gets exciting when one ship is considerably faster than another and it's trying to slow down. And it's always funny when you have all your sails up and you have to motor backwards to slow yourself down."

Richard Bailey, captain of the Gazela, on the parade of sail Monday



The Schooner Larinda heads past the large crowd on the Halifax waterfront Monday. JEFF HARPER/FOR METRO

The Gazela

- She's heading off to Port Hawkesbury, and Pictou then home to Philadelphia, Pa.
- She was a fishing boat sailing under the Portuguese flag from Lisbon to the Grand Banks off Newfoundland from 1901 until 1969.
- She was purchased in 1971 and she was donated to become a museum ship.
- Volunteers work to maintain it in the winter and their hours qualify them to sail it in the summer.

The Larinda

- The 13-hour trip from Bridgewater to Halifax was Larinda's maiden voyage after being fully restored.
- She was in other events but had to be towed there, but this is the first voyage under her own steam.
- She's off to tall ship festivals in Lunenburg and Shelburne, and then Mahone Bay Pirate Festival.
- Larinda is registered in Halifax, but her home port is in Boutillier's Point.

'The world is open for this boat, it is a warm and friendly boat'

Does the Bluenose II have some competition sailing her way?

The iconic tall ship based in Lunenburg is still mired in delays of a major renovation. But there are comments going around the newly restored Larinda could give the Bluenose a run for her money.

Larinda's captain Michael

Watson wouldn't say if he thought the Larinda is competition for the Bluenose out of respect and admiration for the other ship.

"But some people have said Nova Scotia already has a new ambassador," Watson said Monday. "The Bluenose is the Bluenose and it's totally separ-

ate but this one (the Larinda) is very much in the minds and hearts of people who watched it go down and now can see it come back."

The Larinda went down in hurricane Juan in 2003 and has spent the past nine years being restored.

"The world is open for this

boat, it is a warm and friendly boat ... the venues for it are everything from art to drama to welcoming people on the boat. It already has a following."

Because of the renovation, Bluenose II was unable to participate in this year's Nova Scotia Tall Ships Festival.

JENNIFER TAPLIN/METRO



Pleasure craft escort participants in the Parade of Sail event.

ANDREW VAUGHAN/THE CANADIAN PRESS

After five days and thousands of visitors, Tall Ships Nova Scotia 2012 comes to a close in Halifax
Economic impact not yet known, but 2009 festival saw an economic impact of \$32.8 million in direct and indirect spending
Some ships now moving to other ports across the province



1 USCGC Eagle, the largest ship in Monday's Parade of Sail.

2 The Peacemaker of Brazil.



Time to wave ships goodbye

All aboard!

About 35,000 boarding passes for Tall Ships Nova Scotia sold Friday and more needed to be printed to get through the weekend. The total doesn't include children under 12, who could board for free.



In attendance

Over 1,000 attended the Sunset Ceremony at Citadel Hill, and about 2,000 people took in tours of Georges Island.

Press coverage

18

The amount of foreign press in town coming from the likes of Germany, United Kingdom, Denmark and the United States.

3 A local boat gets close to the USCGC Eagle, where crew members line the deck and the rigging.

4 The Roseway, based in Maine, heads past Georges Island.



5 The Pride of Baltimore II, left, and HMS Bounty heading along the Halifax waterfront.

6 The HMS Bounty passes in front of a huge crowd watching from the waterfront.

Visitors

Tall Ships Nova Scotia reports that some of the ships had over 3,500 visitors in a single day.

Sold-out rock show

2,700

The number of people who attended a sold-out rock show featuring Hey Rosetta! at Georges Island on Saturday afternoon.

Food Fare

Crowds sure loved the food aspect of this year's festival, with vendors at Food Fare by the Sea selling out product daily.

Tall ships

23

The total number of tall ships docked on the Halifax and Dartmouth waterfronts for the festival.



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Chester Basin. Body of snorkeller recovered

The body of another drowning victim was recovered Monday.

On Sunday, a 49-year-old Chester Basin man was boating near Clay Island when he decided to go snorkelling. The man wasn't seen again and police were called at about 8:30 p.m.

The John Rescue Co-ordination Centre in Halifax began searching for the victim with the help of a helicopter from Greenwood, the coast guard, police and the Chester Fire Department.

The search was called off at 2:30 a.m. Monday. At 11 a.m., police said the 49-year-old's body was found near Frog Island. He has been identified

as Peter Jeffery Horn of Sandy Cove Loop in Marriott's Cove

RCMP spokesman Cpl. Scott MacRae said the body was located by a passing boater.

The drowning was the second in as many days.

On Saturday, a Dartmouth scuba diver missing for more than an hour was found dead.

Halifax Regional Search and Rescue said the 37-year-old was diving in Mill Cove near St. Margaret's Bay when he went missing.

The Coast Guard later found his body along the shoreline.

Police identified the victim as Wayne Andrew McInnis of Dartmouth. **METRO**

Stewiacke. Forest fire brought under control

A one-hectare forest fire burning east of Stewiacke was brought under control Monday.

A spokesman for the Department of Natural Resources says two aircraft and several local fire departments were involved in battling the fire.

Dan Davis said that as of 7:20 p.m. local time no structures were on fire as a result of

the blaze.

He said the fire was under control and some fire departments were departing the scene, along with the ministry's aircraft.

Davis said the fire was in a wooded area near several roads east of Stewiacke, which is about 70 kilometres northwest of Halifax. **THE CANADIAN PRESS**

Province receives Bluenose II assets

Deal. Includes property rights and \$540,000

The assets of the Bluenose II have been transferred to the Nova Scotia government after years of wrangling.

Premier Darrell Dexter announced Monday that the assets were received by the province's Schooner Bluenose Foundation.

The provincial government and the Bluenose II Preservation Trust Society have been working to complete the deal since 2005 and reached an agreement in principle in December 2010.

The assets include more than \$540,000 in cash and the title of a historic building in Lunenburg.

It also includes a storefront in Lunenburg and intellectual-property rights held by the trust.

"The province has worked diligently with the trust to complete the transfer, and I am pleased to say that has taken place," Dexter said in a statement.

"Bluenose II holds a special place in the hearts of every Nova Scotian and every



Visitors step aboard the Bluenose II in this photo from 2009.
METRO FILE PHOTO

visitor who has walked on her decks and experienced the thrill of being on board when she's under full sail.

"The trust's assets will ensure her legacy as a living link to our proud seafaring and shipbuilding heritage is protected."

Nova Scotia's sailing ambassador is currently undergoing a \$17-million restoration on the Lunenburg waterfront and is expected to sail next summer.

THE CANADIAN PRESS

Bayfield

Man dies in tractor roll-over

A 39-year-old man has died after he was pinned under the tractor he was operating.

The RCMP say Justin Douglas O'Hara was cutting grass along Summer-side Road in Bayfield on Saturday when the tractor rolled over into a ditch and pinned him.

The Mounties say an autopsy will be performed, but police do not suspect foul play.

Police continue to investigate. **THE CANADIAN PRESS**

Highway 103

Woman killed in car crash

Halifax police have identified the woman killed in a three-vehicle crash on Highway 103 near Exit 5 on the weekend.

Jo-Ann Constance Hubley, a 65-year-old from Tantallon, died on scene of the accident Sunday morning. She was driving alone in her car.

Police say they're continuing to investigate the cause of the crash. **METRO**

Employment

Rebate for jobs at ADP Canada

The province is providing a payroll rebate worth up to \$2.3 million over five years to ADP Canada, a human-resources and payroll-services firm.

Economic Development Minister Percy Paris says the rebate is being offered in the hopes of adding 250 full-time jobs at the company's office in Dartmouth.

The rebate is coming from Nova Scotia Business Inc., the government's business-development agency. **THE CANADIAN PRESS**



Percy Paris
METRO FILE

Elizabeth Fry Society

Strike of four comes to an end

Four workers for the Elizabeth Fry Society of Mainland Nova Scotia are heading back to work after Nova Scotia Government Employees Union Local 68 reached a tentative agreement with the employer over the weekend. **METRO**



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Families watch dazed shooting suspect in court

Grieving. Emotions run high as families watch a silent and aloof James Holmes

His hair dyed a shocking comic-book shade of orange-red, the former doctoral student accused of killing moviegoers at a showing of the new Batman movie in Colorado appeared in court for the first time on Monday, but he didn't seem to be there at all.

James Holmes shuffled into court in a maroon jailhouse jumpsuit with his hands cuffed — the first look the world got of the 24-year-old since the Friday shooting that left 12 people dead and 58 others injured at a packed midnight screening of The Dark Knight Rises. It was one of the worst mass shootings in recent U.S. history.

Unshaven and appearing dazed, Holmes sat virtually motionless during the hearing, his eyes drooping as the judge advised him of the severity of the case. At one point, Holmes simply closed his eyes. Prosecutors said they didn't know if he was being medicated.

Throughout the hearing, he never said a word. His attor-

neys did all the talking when the judge asked him if he understood his rights.

His demeanour, however, angered the relatives of some of the victims of the shooting. Some stared at him the entire hearing, including Tom Teves, whose son, Alex, was killed in the attack. "I saw the coward in court today and Alex could have wiped the floor with him without breaking a sweat," said Teves, whose son, a physical therapist, dove to protect his girlfriend.

The court appearance gave millions the chance to scrutinize Holmes' every movement, every flutter of his heavy eyelids and form their opinions. "It struck me that this is a person who's been through an emotional maelstrom and therefore might be totally wiped out emotionally," said Dr. Jeffrey Gardere, an assistant professor of behavioural medicine at Touro College of Osteopathic Medicine.

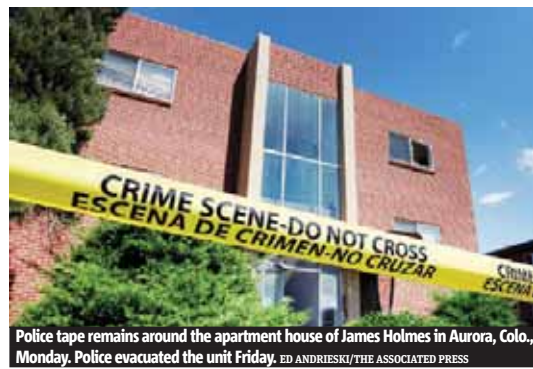
Gardere said there could be "a psychotic process going on and we see that being acted out there. Or there might be some sort of malingering going on. In other words, trying to make himself look worse than he actually is. Or maybe a combination of all of those things." **THE ASSOCIATED PRESS**



Family members of the victims of Friday's mass shooting in Aurora, Colo., comfort each other during a prayer vigil on Sunday.

TED S. WARREN/THE ASSOCIATED PRESS

University reticent to release suspect details



Police tape remains around the apartment house of James Holmes in Aurora, Colo., Monday. Police evacuated the unit Friday. ED ANDRIESKI/THE ASSOCIATED PRESS

Officials at the University of Colorado Anschutz Medical Campus were looking into whether James Holmes used his position in a graduate program to collect hazardous materials, but that disclosure was one of the few it has made three days after the massacre. It remained unclear whether Holmes' professors and classmates at his 35-student PhD program noticed anything unusual about his behaviour.

His reasons for quitting the program in June also remained a mystery. Holmes recently took an intense oral exam that

marks the end of the first year. University officials would not say if he passed, citing privacy concerns.

At a news conference, university officials refused to answer questions about Holmes. "To the best of our knowledge at this point, we think we did everything that we should have done," said Donald Elliman, the university chancellor.

The pastor for the suspect's family recalled a shy boy who was driven to succeed academically.

"He wasn't an extrovert at all. If there was any conversa-

tion, it would be because I initiated it, not because he did," said Jerald Borgia, senior pastor of Penasquitos Lutheran Church. Borgia said he never saw the suspect mingle with others his age at church. He last spoke to Holmes about six years ago.

During the attack, Holmes allegedly set off gas canisters and used a semiautomatic rifle, a shotgun and a pistol to open fire on theatre-goers, Aurora police Chief Dan Oates said.

Holmes had bought weapons at local gun stores in the past two months.

THE ASSOCIATED PRESS

Suspicious packages

- The University of Colorado received two suspicious packages early Monday morning. The first was slipped under the door at a campus building. People were not allowed into the building until the threat was cleared.
- The second package was addressed to a person in a separate building.

Gun control

Candidates avoid touchy subject

U.S. President Barack Obama and his Republican rival, Mitt Romney, were back on the campaign trail Monday after suspending their campaigns in the wake of the Aurora, Colo., shooting.

Yet neither man is expected to broach gun control.

The White House's only remarks in the aftermath have been to say the president backs the country's existing laws — even though the alleged gunman in the Colorado shootings legally acquired various weaponry, including an assault rifle and 6,000 rounds of ammunition purchased online.

"He believes we need to take steps that protect Second Amendment rights of the

American people but ... ensure that we are not allowing weapons into the hands of individuals who should not, by existing law, obtain those weapons," White House press secretary Jay Carney said.

Obama's standing is low among white working-class voters — big believers in the right to bear arms. There are an estimated 270-million guns owned by U.S. citizens.

THE CANADIAN PRESS



The president hugs Stephanie Davies, who helped keep her friend alive during the shooting. PETE SOUZA/WHITE HOUSE/THE ASSOCIATED PRESS

Warner Bros.

Trailers pulled

Warner Bros. has moved to pull trailers of its upcoming film Gangster Squad from theatres. The trailer of the film, which stars Sean Penn and Ryan Gosling in a ruthless war between Los Angeles police and the mob, includes a scene of mobsters firing into a crowded movie theatre

from behind the screen.

Meanwhile, Sony, Fox, Disney, Universal, Fox, Paramount and Lionsgate said Saturday that they are joining Dark Knight Rises distributor Warner Bros. in withholding their box-office numbers for the weekend out of respect for the victims and their families in the Aurora, Colo., shooting that killed 12 and wounded 58.

THE ASSOCIATED PRESS

Penn State football spared but crippled

Scandal. Program where convicted sex offender Jerry Sandusky was assistant coach ordered by NCAA to pay \$60M

A potential exodus of star athletes. No hope of playing in the post-season. More than a decade of accomplishments erased from the record books. And Joe Paterno's legacy in shreds.

Penn State football, a long-time powerhouse that was once one of the cleanest, most admired programs in college sports, escaped the so-called death penalty from the NCAA on Monday but was dealt a heavy blow that will cripple it for years to come.

The university agreed to an unprecedented \$60-million US fine, a four-year ban from post-



Penn State student Laura Lovins reacts to sanctions against the football program.
GENE J. PUSKAR/THE ASSOCIATED PRESS

season play and a cut in the number of football scholarships it can award — the price it will pay for having looked the other way while Jerry Sandusky brought boys onto campus and molested them.

The NCAA also erased 14 years of victories, wiping out 111 of Paterno's wins and stripping him of his standing as the most successful coach in the history of big-time college football.

"Football will never again be placed ahead of educating, nurturing and protecting young people," NCAA president Mark Emmert declared.

Penn State meekly accepted its punishment, pledging to hold itself to high standards of honesty and integrity.

Nicole Lord, a senior, questioned why Penn State's student body, and especially its athletes, should be punished "for the wrongs of three men and a monster."

"They keep breaking our hearts and breaking our hearts and breaking our hearts," she said.

THE ASSOCIATED PRESS



Fires displace more than 1,400 in Spain

Farmers try to extinguish a fire in Llers, Spain, Monday. The fires that broke out Sunday in several parts of the Catalonia region forced more than 1,400 people to stay the night in shelters. Fires were still burning Monday in many places, with roads cut off because of the billowing smoke. Train service in the region was suspended and several cross-border roads linking Barcelona with France closed because of the advancing flames, regional government spokesman Felip Puig said Sunday. MANU FERNANDEZ/THE ASSOCIATED PRESS

Beijing

Was drainage to blame in floods that killed 37?

As China's flood-ravaged capital dealt with the aftermath of the heaviest rain in six decades Monday, including the

deaths of 37 people, questions were being raised about whether Beijing's push for modernization came at the expense of basic infrastructure such as drainage networks.

Rescuers were still searching buildings that collapsed during Saturday night's downpour and some roads that were covered in waist-deep water remained closed.

The city government said that, as of Sunday night, 25 people drowned, six were killed when houses collapsed, one was hit by lightning and five were electrocuted by fallen power lines.

A report says nearly 57,000 people were evacuated from their homes and damages reached at least \$1.6 billion US. THE ASSOCIATED PRESS



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Financial survey

More than half of retired Canadians in debt: CIBC poll

More than half of retired Canadians hold some form of debt that may cut into their retirement plans and cash flow, a new CIBC poll suggests. According to the survey, 59 per cent of retired Canadians are currently in debt, compared to 76 per cent of non-retirees. CIBC says the results highlight the need for Canadians to have a good debt-repayment strategy, especially as they approach retirement.

THE CANADIAN PRESS

Market Minute



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OIL
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GOLD
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Natural gas: \$3.09 US (-1¢)
Dow: 12,721.46 (-101.11)

Nexen to be acquired by Chinese firm for \$15B US

Takeover bid. Friendly deal with state-owned oil company still subject to approval by shareholders, regulators and government

A major Canadian oil company is being acquired by China National Offshore Oil Co. in a \$15.1-billion US deal that, if successful, will be China's largest-ever overseas acquisition.

With promises of making Calgary the base of its Western-hemisphere operations, plans to list its shares on the Toronto Stock Exchange, and vows to keep all current Nexen employees and management, CNOOC says its cash bid for Nexen shows they "are in Canada to invest."

"We intend to be a local company as much as a global one," CNOOC chief executive Li Fanrong told reporters on a conference call Monday.

The friendly deal is still subject to shareholder, regula-



Nexen chief executive Kevin Reinhart addresses the company's annual meeting in Calgary last April. JEFF MCINTOSH/THE CANADIAN PRESS

tory and government approval — and CNOOC says it reached out to the federal government ahead of Monday's announcement.

The Chinese state-owned company will base its North and Central American operations — including \$8 billion in existing CNOOC assets —

out of Calgary, said Li.

For years leading up to Monday's announcement, Nexen had been a perennial subject of takeover speculation.

Nexen has faced numerous challenges over the past few years, including the troubled launch of its Long Lake oil-

sands project in northern Alberta in late 2008. The project has yet to come close to its design capacity of 72,000 barrels of bitumen per day due to a number of operational glitches, though performance has been improving in recent months.

Last week, the company reported that second-quarter profits tumbled nearly 57 per cent as it took a charge on an unsuccessful well in the Gulf of Mexico. Late last year it was shouldered out of a major project in Yemen amid political strife in the Middle Eastern country.

CNOOC already had a 35 per cent stake in Long Lake after it took over Nexen's erstwhile partner Opti Canada Ltd. for \$2.1 billion last year. The two companies also work together in the Gulf of Mexico.

The transaction still requires two-thirds of Nexen shareholders to approve the agreement at a special meeting to be held by Sept. 21. Preferred shareholders would receive \$26 in cash, plus accrued dividends. **THE CANADIAN PRESS**

Commodities

Chinese investment in Canada rising

China's multibillion-dollar shopping spree in the Canadian oil patch Monday is a sign of more to come as the commodity-hungry country looks to secure energy supplies to feed its economic expansion, experts say.

"China continues to be a very fast-growing country," said Fred Ketchen, manager of equity trading at Scotia Capital.

In addition to the blockbuster Nexen deal, Talisman Energy has announced it's selling a 49 per cent interest in its U.K. division to Chinese firm Sinopec Corp. for \$1.5 billion.

It's not uncommon for countries like China to look to Canada, said Ketchen.

"We're a natural-resource country and we're attractive from that standpoint," he said.

Canada has "shot up on the chart" of Chinese overseas investment recently, added Wenran Jiang, an expert on China who advises Alberta's department of energy. **THE CANADIAN PRESS**

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Redbox kiosks come to Canada

When major video stores Blockbuster and Rogers Video began to close their doors last year, some movie enthusiasts hoped it would usher in a new era of digital possibilities for the Canadian rental market.

Instead, they've been left waiting as a handful of new entrants like Netflix and iTunes saunter into the billion-dollar industry with a sometimes limited selection of new releases, and a back catalogue that left some longing for the dusty video stores of yesteryear.

Redbox is a latecomer to Canada, but the Illinois-based company hopes its kiosk busi-



Redbox is bringing its DVD kiosks to Canada. THE CANADIAN PRESS

ness model will energize the industry as it rolls out its DVD rentals in retail outlets over the next year.

If its success south of the border is any indication,

Redbox could become a competitor to contend with, mostly because its low-priced DVD-rental model of \$1.50 per day is practically unheard of in Canada.

But the company will be battling against sentiment that physical discs are a dying format and late fees are a hassle.

Redbox has secured agreements to set up kiosks at Canadian Walmart retail stores and convenience stores operated by Alimentation Couche-Tard, which places it amid impulse buyers picking up groceries and other regular essentials. **THE CANADIAN PRESS**

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SHE SAYS...
Jessica Napier
metronews.ca/shesays

Back in my teenage years, I couldn't resist the call of the mall from down south. Saturdays were often spent in lineups at the U.S. border crossing as I gave in to the allure of America's mysterious

retail options.

On one particularly uncomfortable drive back to Canada, I ripped off the price tags and wore five pairs of Victoria's Secret underwear underneath a newly acquired pair of Abercrombie and Fitch jeans in order to avoid paying duty on my purchases. It was all part of the thrill of cross-border buying — the cheap exoticism of American brands and an all-you-can-eat pasta dinner at the Olive Garden.

Infiltration

"Target's mission statement might be 'Expect more, pay less,' but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours."

Nordstrom will be taking over three Sears locations this fall in Vancouver, Calgary and Ottawa, with talks underway about a home in Toronto.

Our homegrown retailers are closing their doors to make way for monolithic born-in-the-U.S.A. department stores — cavernous labyrinths filled with never-before-seen snack foods and discounted American-flag bikinis — and yet all we seem to care about is the fact that we'll be able to buy all of Oprah's favourite things close to home.

For many consumers, if the price is right, it doesn't really matter where it comes from. Who needs patriotism when you can buy a Jason Wu for Target dress at \$54.99?

I'll admit the gingham-loving prepster in me whooped for joy when J.Crew announced it would be bringing its Cape Code couture across the border. But the thrill was short-lived as I soon realized that they wouldn't be importing the attractive price tags along with their colourful sweater sets.

Target's mission statement might be "Expect more, pay less," but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours.

Canadian shoppers will probably get over the novelty of these American imports relatively quickly, and then what? Target and Nordstrom will just become more chain stores in a depressing landscape of big-box retailers.

Personally, I don't really want to walk into my local mall and feel like I could be in Anywheresville, U.S.A.



A shopper is seen leaving a Nordstrom department store in Los Angeles. Nordstrom is seen as a competitor to existing upscale retailers like Holt Renfrew, Harry Rosen and the Bay. JAE C. HONG/THE ASSOCIATED PRESS

Journey to the last ice area begins



METRO/CONTRIBUTED/PAUL NICKLEN/NATIONAL GEOGRAPHIC STOCK/WWF-CANADA

Water, water everywhere

WWF begins Arctic expedition

A polar bear and her cub are seen resting on an iceberg in the Arctic Ocean in Canada.

Imagine a future when most of the Arctic's summer sea ice has melted, leaving the last ice area in the High Arctic Ocean.

Researchers have projected that the Canadian High Arctic and Northern Greenland will be the last place where sea ice will

persist past 2050.

Teaming up with the WWF, Metro will track a voyage to the last ice area.

A team of researchers and WWF experts will sail some 7,000 kilometres over the course of six weeks, from Greenland all the way to Nunavut, speaking to communities along the way that will be affected by the continued thinning of the sea ice.

The team's findings during each stop will be documented in video blogs, photos and interviews.

METRO



The team will be arriving in Upernavik, Greenland, Tuesday night. In the next two weeks the voyagers will visit communities along Greenland's northwest coast.

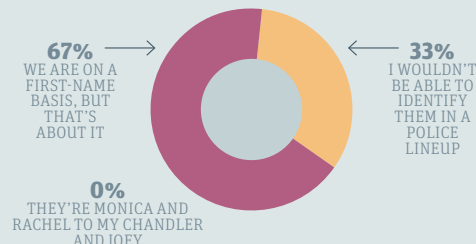
Online

- For the latest updates from the Arctic research team and to track their journey on the interactive map, check out the features section at metronews.ca.



Register at metropolitanpanel.ca and take the quick poll

How well do you know your neighbours?



Twitter

@chrisfzner:

Free pride flags at Winners and Homesense this week for Pride Week! I've got mine! *waves* #prideweek #halifax

@MeganTownshend:

Thar be pirates in Halifax harbour! Not really. But there ARE tall ships. So it looks like there's pirates.

@dflemingca:

the parade of sail in #Halifax har-

bour is really quite stunning. Sad to see the Tall Ships go, but what a festival.

@natalie_beers:

victoria's secret is opening their halifax store on my birthday because they love me that much.

@ConklinKatie:

I cannot get enough of Pete's 'make your own salads.' #halifax #petes



2

SCENE

Scene in brief

Rivers takes comedy to New Orleans

When comedian Joan Rivers thought her New York apartment was haunted about 15 years ago, she called on New Orleans voodoo priestess Sallie Ann Glassman to perform a "spiritual cleansing" of the brownstone.

Glassman said the pair became friends during that meeting, at which Glassman wore a flowing white gown and chased off the disturbing spirits in a night of rituals. "Sallie Ann Glassman is my spiritual guide, my sounding board, my friend. Sallie arrived in New York — white garb and paraphernalia in tow — and after an unusual night, she not only cleaned out my apartment but all the apartments in my building," Rivers said. "It worked." Next month, the comedian is heading to New Orleans to return the favour. The sharp-tongued Rivers will host two stand-up shows benefiting Glassman's New Orleans Healing Center — an incubator for about two dozen businesses and organizations focused on what Glassman describes as the "environmental, spiritual, economic, cultural, emotional and physical healing of New Orleans" after hurricane Katrina. Rivers will perform at Cafe Istanbul, the 3,800-square-foot performance hall at the New Orleans Healing Center.

THE ASSOCIATED PRESS

On the web



Young Hollywood aims for fun fashion at the Teen Choice Awards

DVD reviews



Keyhole

Director. Guy Maddin

Stars. Jason Patric, Isabella Rossellini

●●●●●

"So many locked doors and they all have to be opened!" exclaims Ulysses Pick (Jason Patric, niftily cast), the tumbled central figure of *Keyhole*, Guy Maddin's mad mélange of melodramatic ghosts and meddlesome mobsters. The literary spawn of Joyce and Homer, Ulysses isn't one for convention: he and his gang bust into a house that's inhabited by restless spirits (and a stuffed wolverine), surrounded by cops and racked by a thunderstorm ("Man's weather!" in his estimation). "Remember, Ulysses, remember!" exhorts the ghost of Ulysses' late father (Louis Negin), who resides upstairs, naked and chained suspiciously close to Hyacinthe (Isabella Rossellini), his daughter and Ulysses' ex, who also appears to be extinguished. *Keyhole* is suffused with genuine sadness, straight from the unbridled ID of Maddin (and Freud), but much mirth intrudes. The film resists easy analysis, more so than usual for Maddin, but make no mistake, this is one of his great ones.

PETER HOWELL

Footnote

Director. Joseph Cedar

Stars. Shlomo Bar-Ab, Lior Ashkenazi, Aliza Rosen

●●●●●

The delightful Israeli film *Footnote* is wise to the comedy of frustration and alert to the tragedy of hubris, by way of a simmering father-son rivalry that boils over on matters of principle and ego. Writer/director Joseph Cedar's offering won screenplay honours at Cannes last year, but it also rated consideration for its stellar leads, both popular Israeli actors. Tal-mudic scholar Prof. Eliezer Shkolnik (Shlomo Bar-Ab) has toiled without trumpets for decades on his arcane comparisons of sacred texts, gaining little more than a footnote's worth of recognition. Egos, family tensions and conflicting notions of truth and integrity intrude and collide.

PETER HOWELL



Lady Mary (Michelle Dockery) has a fight with fiancé Matthew Crawley in a trailer for season 3 of *Downton Abbey* HANDOUT

Downton Abbey still the gem of PBS

Television Critics Association press tour. PBS unveils some interesting docs — but its mega-hit still drew the most excitement

AMBER RAY

Metro World News in New York

The Television Critics Association press tour, the semi-annual gathering of journalists to preview the new and returning series premiering this fall, took place on the weekend with a look at the offerings from PBS.

During the executive session, PBS president Paula Kerger addressed the decision to

fire *Market Warriors* host Fred Willard after his arrest on suspicion of engaging in a lewd act in a Hollywood theatre last week. "Our concern really is that his circumstance would become a distraction to the series, which we're hoping will have an ongoing presence on public television," Kerger said. Because the series is currently in production, Kerger said they "needed to move fast" on their decision; *Antiques Roadshow* star Mark Walberg will take over hosting duties on *Market Warriors*.

Kerger also announced two new series: *Ken Burns' The Roosevelts: An Intimate History*, a 14-hour documentary on Theodore, Franklin and Eleanor Roosevelt, set to air in 2014; and *Constitution USA* with Peter Sagal, chronicling the journey

of the Wait, Wait ... Don't Tell Me host as he searches for ways that the U.S. Constitution lives and works in modern America.

PBS's most anticipated new drama, *Call the Midwife*, was responsible for the day's most comical TCA Twitter hash tag. Based on the bestselling memoirs of Jennifer Worth, the series tells the story of Jenny Lee, a young midwife working with an order of nuns in the poorest area of London in the 1950s.

As for portraying childbirth realistically without appearing graphic, "it's all about (camera) angles," says series star Jessica Raine, who portrays Jenny. Several prosthetic newborns were also created as props. "We got one baby with a detachable willy so it could be a boy or a girl baby," Raine admitted, prompting the hash tag #de-

tachablenillies.

The day's big finale featured the cast and creator of the PBS megahit — and, as the network reminded critics with a sizzle reel full of parodies, pop culture phenomenon — *Downton Abbey*. Those in the packed ballroom were treated to a spoiler-filled trailer for Season 3, including a heated exchange between Lady Mary (Michelle Dockery) and fiancé Matthew Crawley (Dan Stevens), a magnificent battle of insults between the Dowager Countess (Maggie Smith, also not present) and Martha Levinson (new cast member Shirley MacLaine), and a devastating admission by Robert Crawley (Hugh Bonneville) to his wife, Cora (Elizabeth McGovern).

Downton Abbey Season 3 will premiere Jan. 6, 2013.

The Dust Bowl

Film serves up a cautionary tale

Ken Burns's latest documentary, *The Dust Bowl*, was the focus of another panel. The film is about the disastrous dust storms that hit the American plains in the 1930s. Told mostly through the first-person accounts of survivors, the film premieres over two nights, Nov. 18 and 19. It's a timely event in American history to examine because "this is a cautionary tale ... a story of our complex and often fraught relationship with the land," said Burns.

AMBER RAY, MWN

Half the Sky

Celebs shed light on oppression

Inspiring tales of human resolution also set the stage for *Half the Sky*, the documentary based on the bestselling book by Nicholas Kristof and Sheryl WuDunn about the oppression of women and girls. Also on the panel were actresses Meg Ryan, Diane Lane and America Ferrera, who travelled with the journalists to help tell the stories of those around the world fighting for women's rights. This documentary, premieres Oct. 1 and 2 as part of Independent Lens.

AMBER RAY, MWN

Star power. David Geffen is a man of few words — and certainly isn't vain

At the press tour, star-making legend David Geffen sat on a panel for the American Experience film documenting his career in music and film, *Inventing David Geffen*. He had been flown in from Sardinia specifically for the event, and seemed in a bit of a hurry to get back — his answers to critics' questions were short and not very quotable. Not until he was asked about the Carly Simon song *You're So Vain*, that is, and how he had been fingered as the subject of the tune.

"No, no. That is simply not true," he insisted.



David Geffen GETTY IMAGES

"Not to say I'm not vain, but I'm not *her* vain."

Inventing David Geffen will air Nov. 20.

AMBER RAY, MWN



Ashton Kutcher and Mila Kunis. ALL PHOTOS GETTY IMAGES

Mila and Ashton just friends, or friends with benefits?

Though Mila Kunis and Ashton Kutcher have maintained they're just friends, that line seems to be wearing thin — especially considering the pair's recent public displays of affection.

Kunis reportedly tagged along with Kutcher to a party in L.A. over the weekend, where eyewitnesses say the former *That 70s Show* co-stars sat close and shared a few kisses, trying in no way to hide their feelings for each other, ac-

cording to *Us Weekly*.

And earlier this month, the pair put on quite a show during an intimate meal at the Soho House. "They were seated on a couch on the same side of the table, and Mila was running her hands through Ashton's hair," a source says. "She had her elbow resting on his back and couldn't stop playing with his hair and rubbing his shoulders. He leaned in and whispered to her and kissed her cheek."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Miley gets paranoid

THE WORD
Monica Weymouth
scene@metronews.ca

Noticeably missing from Sunday night's Teen Choice Awards was teen queen Miley Cyrus, who won in the Choice Hottie and Choice Fashion Icon categories despite being a no-show.

Cyrus spent the evening in Philadelphia, where her fiancé, Liam Hemsworth, is

shooting *Paranoia*.

So why didn't she make a quick trip back to L.A.? It seems Cyrus might have a little paranoia of her own: She's reportedly not happy with the amount of time Hemsworth has been spending with his Empire State co-star, Emma Roberts.

"Not only did she tell Liam it had to stop, she even confronted Emma, reminding her that Liam is off the market," a source tells *PerezHilton.com*. "Miley more or less said, 'Hands off my man!' Emma couldn't care less what Miley thinks."

Here we go again ... Minka caught up in sex 'scandal'

Minka Kelly is the latest actress to be plagued by a possible sex tape scandal, as a 30-minute tape of Kelly getting intimate with an ex-boyfriend is reportedly being offered to the highest bidder, according to *TMZ*.

The video is said to be shot in a semi-professional manner

and the website claims it's clear Kelly knows she's being filmed.

Some question if Kelly is actually of age in the video, as she is reportedly seen singing along with and dancing to two songs from Brandy's *Never Say Never* album, which was released 16 days before the actress' 18th birthday.

Twitter



@SarahSilverman

When I die I wanna come back as the guy at work that gives all the girls shoulder massages



@ParisHilton

What a beautiful day in Cannes! The weather is perfect, so sunny today. Love it here.



@Justinbieber

when u smile i smile. haha. MUCH LOVE. thanks



@SethMacFarlane

If you want to put a swift end to a boring first date, just say to the woman: "I predict you will bear me many fine sons."

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0% Financing for up to 60 months

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\$5100 Bonus Cash Savings



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plus

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plus

\$7500 Bonus Cash Savings



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ON SELECT MODELS

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FOR UP TO
48 MTHS.
ON SELECT MODELS



3

LIFE

Health minute

Ending AIDS possible, says researcher

The leading U.S. AIDS researcher says science has provided the tools needed to slash new infections even without a vaccine — if countries will put them into place. Dr. Anthony Fauci told the International AIDS Conference Monday that it won't be easy or happen overnight. In his words, "no promises, no dates but we know it can happen." Fauci says that "we want to get to the end of AIDS" but that "a lot of people, a lot of countries, a lot of regions have a lot to do."

THE ASSOCIATED PRESS

On the Web



Celebrity pregnancies blamed for eating disorders among pregnant Canadians

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Marriage: impossible

Divorce. As power couple Tom Cruise and Katie Holmes split, we look at why lust-based Hollywood and quickie marriages rarely end in a happily ever after

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

Tom Cruise and Katie Holmes seemed to have one of Hollywood's most solid relationships. But on June 29 Holmes filed for divorce after five years of marriage. Are we surprised? Not really. The actress had already told *Elle* magazine: "He has been Tom Cruise for 30 years ... I know who I am and where I am and where I want to go. I'm starting to come into my own. It's like a new phase."

Cracks were beginning to show, quite normal for a Hollywood marriage, but why do so many of them fail?

Romance is like a drug; it's addictive

"The parts of the brain that light up when you're in love are the same that light up when doing cocaine," says dating coach Evan Marc Katz. "There's an addictive quality to toxic relationships. People become addicted to the highs and lows."

"Every second you're with the wrong person is every second you're not with the right person," he adds. "Ending a bad relationship is addition by subtraction."

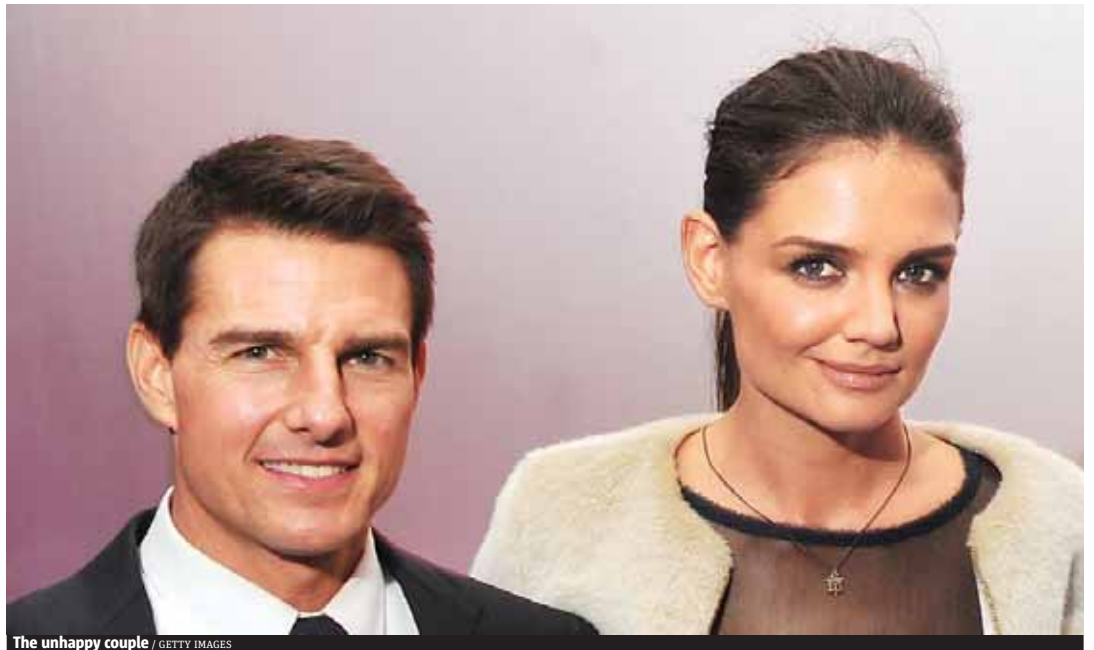
If the relationship is a burden and you no longer feel connected, breaking up is the only way you'll eventually find the right person. That said, Katz doesn't rule out the feeling of loss if the relationship filled your time and was bigger than you as an individual.

Hopefully, a couple has done everything in their power to work things out prior to getting a divorce. "With Katie Holmes, I'm sure it was a calculated, thoughtful decision. It's probably something she agonized about, something they tried to fix. The culmination of years of dissatisfaction."

Why Hollywood is addicted?

According to Katz, this addictive quality is probably why most Hollywood couples call it quits more often than not.

"It's not about Tom and Katie — the real problem with Hollywood marriages is that



The unhappy couple / GETTY IMAGES

WHAT ABOUT 'HER'

In her rare post-split appearances, Katie Holmes looked relaxed and meticulously groomed. But don't try and figure out her life story from a few paparazzi shots, says dating coach Evan Marc Katz. "Since Katie Holmes announced her divorce, she's been caught on camera smiling and laughing. But we see what people give us. That she's decided to plaster a smile on her face and stand up straight says very little."



KATIE HOLMES

HOLMES VS. CRUISE



TOM CRUISE

THE CULT OF 'HE'

"Tom Cruise doesn't do things in moderation. He has no limits and isn't afraid to fail," says Katz. But there's a difference between being a good guy and a good partner. "We don't know why, but he's failed in marriage three times. If you're so committed to your work that you're emotionally unavailable and don't have time to listen because you're caught up in the cult of yourself, then you can still be a great guy, just not a great life partner." Cruise's religion, Scientology, is thought to have contributed to the split. "With anything that someone is extreme on — it makes anybody who isn't like them intolerable," says Katz.

people get caught up in the cult of themselves," he says. "You have two beautiful people living this high life, with

tons of money and who think they can do anything. They are big dreamers driven by passion. They don't realize that

this isn't what life is about and that marriage, on a day-to-day basis, should be safe and predictable and somewhat mun-

Quoted

"There should be fewer marriages. People should spend far more time dating."

Evan Marc Katz

dane. It's not always going to be exciting."

Eventually, the passion wears off and all you're left with is that person warns Katz.

"You need to know each other before making the commitment to spend the rest of your life together."

Some solutions

There should be fewer marriages as people should spend far more time dating, argues Katz.

"The attraction phase lasts between one and a half to three years. Until that high wears off, you're blinded by passion and tend to make foolish decisions. So many people get married and pregnant when they're still in their drug phase. If you waited for the high to wear off, you'd think a lot more clearly about your long-term compatibility."

So how long should we be 'dating' for?

"Two and a half years," advises Katz. "What you're really looking for in a relationship is the state you're in when the drug wears off. Passion isn't a great predictor of the future — just a great feeling."

Tuna gets tropical spin with a jicama, fennel & mango slaw

Seared Ahi Tuna with Jicama, Fennel and Mango Slaw



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Be sure to only buy the freshest tuna you can from a reputable fishmonger. If available, ahi tuna is the best quality.

Served with this slaw, it makes for a very sophisticated dish. Jicama is a white-fleshed root vegetable, also known as a Mexican potato.

It is crunchy and sweet, and can be eaten either raw or cooked. It's usually available from May to November; if unavailable, use canned, sliced water chestnuts.

1. Make the slaw by combining the mango, fennel, jicama, red and green peppers, carrot, green onions and cilantro in a medium bowl. In a separate bowl, whisk together the olive oil, lemon juice, rice vinegar, 1 tsp sesame seeds, garlic and chili sauce. Pour over the slaw and toss to combine. Place on a serving platter.

2. Lightly coat a nonstick grill pan with cooking spray and set over high heat. Sprinkle the tuna with salt and pepper and sear for about 2 minutes per side; the center

Ingredients

- 1 lb raw ahi tuna fillets
- pinch of salt and pepper
- 1 tsp sesame seeds
- Slaw**
- 1/2 cup thinly sliced mango
- 1 cup thinly sliced fennel
- 1 cup thinly sliced jicama
- 1 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced green bell pepper
- 1/2 cup thinly sliced carrots
- 1/4 cup sliced green onions
- 1/4 cup chopped cilantro
- 1 tbsp olive oil
- 2 tsp lemon juice
- 1 tsp rice vinegar
- 1 tsp toasted sesame seeds
- 1 tsp finely chopped garlic
- 1/2 hot chili sauce (or finely chopped jalapeno pepper)

should still be raw. Remove from the heat. Slice thinly and top with the slaw.

3. Garnish with 1 tsp sesame seeds before serving.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

3 reasons to figure out fish



NUTRI-BITES
Theresa Albert, DHN, RNCPT
myfriendinfood.com

Deciding what to eat isn't really any more difficult than trading baseball cards.

Both games involve "got it" and "need it" to make you the winner.

Fish has few of the things you likely already "got" and many that you likely "need". Here's the rundown.

Got: Saturated Fat and Cholesterol

Chances are you are getting plenty of saturated fat and cholesterol from other animal sources. None of these sources of protein have any Omega3s to help your body manage the "bad fats". Fish does have some but it is a better ratio of protein: good/fat: bad fat.

Need: Omega 3 Fats

North Americans don't

get nearly enough of this healthy, anti-inflammatory, brain and heart protective fat. Aim for three servings of fish per week and vary the source so you don't accumulate toxins from any one variety.

Need: Time

No one has too much of this on their hands and fish is the quickest cooking non-plant source protein. It needn't be any more complicated than placing a fillet on a piece of foil, sprinkling with extra virgin olive oil, salt and pepper and broiling or grilling for 10 minutes.



THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

A summer treat just for big kids: Margarita Frozen Pops

This Margarita Frozen Pops recipe makes a classic strong margarita. If you want the "poptails" to be low-test instead of high-test, reduce the alcohol by half or double the other ingredients. The recipe is easily customized to suit your taste.

Because of the alcohol in these pops, they are a bit slower to freeze than traditional recipes. It's best to make them the day before.

You can even leave out the booze for the kids. If you want to make these pops without the alcohol at all, add the juice of 1 extra orange and an extra 1/4 cup of filtered water. Pour into moulds and freeze per the manufacturer's instructions. Just be sure to use two different shaped moulds so the pops don't get mixed up!

These days, there are plenty of great frozen pop moulds on the market. Pick your favourite and even flavour your pops to match the mould.

1. In a pitcher, combine the lime juice, orange juice, water, salt, tequila and triple sec. Stir well. Add the powdered sugar, 1 tablespoon at a time and stirring well between addi-



This recipe serves about eight, depending on the size of your moulds.

MATTHEW MEAD/ THE ASSOCIATED PRESS

tions. Taste to determine your desired sweetness, then continue stirring until the sugar is completely dissolved.

2. Fill the pop moulds, stopping about 1/2 inch from the top. Liquid will expand to fill

sleeve as it freezes. Put Pop-sicle handles in place and freeze overnight.

THE ASSOCIATED PRESS/ ELIZABETH

Ingredients

Start to finish: 5 minute, plus overnight freezing

- 1/2 cup fresh lime juice, about 5 to 6 large limes
- Juice of 1 large orange (about 1/2 cup)

- 1/4 cup filtered water
- Pinch of fine-grain sea salt
- 3/4 cup tequila
- 1/4 cup triple sec
- 2 to 4 tbsp powdered sugar (to taste)

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Life insurance at 30 is much cheaper than it will be 15 years down the road. ISTOCK IMAGES

Single, with benefits? Why you still need term life insurance

Alison's money rule.

Insurance is one of the best investments you can make, especially when you're young



YOUR MONEY
Alison Griffiths
money@metronews.ca

A 30-something woman approached me the other day with thoughts of death. Single, no dependents and enjoying a good job with benefits, she asked if there's any reason why she should have life insurance. Yes, absolutely.

First, let's talk about love. You never know when cupid will strike and it's always nice to know that if something happens to you, a future beloved will have some financial security. And life insurance

at 30 is much cheaper than it will be 15 years down the road, especially if you develop a condition like high blood pressure along the way.

Another reason singles might want life insurance is for a charitable donation. Jeanine, a passionate volunteer dog walker, loved the idea of providing a bequest to her local animal shelter.

Also, she hadn't thought of insurance as a way to create an inheritance for her three nieces and a nephew. "I can adjust the beneficiaries every year depending on who thanks me for their Christmas presents," she laughs.

For others with spouses and children, there are many good reasons to have term life insurance (rather than whole life, which includes a savings component). The early to middle years are expensive with life's highest debt load and kids to raise and educate. The loss of one partner in a family can be

In numbers

\$250,000

The average insurance death benefit in Canada

financially devastating.

And workplace benefits usually end when the job does.

There are two rules of thumb to determine how much insurance is needed. One option is an amount that will pay off all debts, including mortgage. Or you could look at it as income replacement. Plan for at least three to five years based on the highest earner.

Typically term insurance policies run for 10, 20 or 30 years. You can renew but your rates will increase as you age. There are also term-to-100 policies, called permanent life insurance. Often you can convert a term policy to a permanent one before the age of 70.

Take Me Home! Lucy

6 year old Lucy was transferred all the way from Newfoundland to find her new forever home. She has a striking, regal appearance combined with a curious and gentle nature. Lucy is people-friendly and purrs up a storm to let you know how much she enjoys a tender scratch behind the ears.

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(Sex) life imitating art?

Survey. Kobo recently asked 50 Shades of Grey readers how their bedroom fun compares to the popular book

Here's what they found:

- 42 per cent said they like to take their escapades outside to the park.
- Good sex just doesn't compare to a slice of chocolate cake, as 78 per cent said they would give up sex and money before food.

MELISSA REBER
For Metro

At this point, if you're not reading 50 Shades of Grey, then you're talking about it with someone who has.

The book trilogy, which gained attention for its racy bedroom scenes, has become the go-to summer read for women needing a little fictional escape.

More than 31 million copies have been sold worldwide, and Universal Pictures already plans to make it a movie. We won't be hearing the last of 50 Shades for a while.

Kobo Inc., maker of the Kobo e-Reader, has seen a large peak in interest in the erotica/romance genre since the book's launch in March. They decided to ask how 50 Shades reader's real lives compare to the steamy drama on the book's pages.

- When it comes to the ultimate romantic gesture, surprising her with flowers is the best choice. It beat out a trip to Colorado and a luxury yacht cruise.

- Money narrowly beats sex, 31 to 30 per cent, when asked what people were looking for from their partners.

- Save the costumes for Halloween: silk was the No. 1 choice for bedroom attire at 40 per cent, followed by your birthday suit and heels at 31 per cent.

- 78 per cent said a little dirty talk gets them going.

- 60 per cent of people stick with a horizontal pas de deux, while a few adventurous ones try out the ménage à trois, at 32 per cent. Eight per cent can't keep track and said they "don't do math."

metro

Your Neighbourhood:

EASTERN PASSAGE

Tuesday, July 24, 2012



Fisherman's Cove is still a working fishing harbour. TOM MASON/FOR METRO

Surf's up. Beautiful beaches

Maugher's Beach: Pronounced "Mars" Beach, the beach on the harbour side of McNabs Island is one of the most inaccessible and unspoiled in HRM. The locals once called it Hangman's Beach, due to the fact that the British Admiralty once used it as a visible place to hang pirates. Today it's a perfect spot for picnicking, harbour watching and secluded sunbathing. If you don't have a boat, the best way to access Maugher's Beach is to take the McNabs Island Ferry from Fishermans Cove.

McCormack's Beach: This one is a little more accessible than Maugher's Beach. In fact, if you don't live in Eastern Passage you can take a Metro Transit bus. The beach is part of the provincial park system and features a popular boardwalk. It's also next to the facilities and food establishments at Fishermans Cove.

Rainbow Haven Beach: For generations of Nova Scotians, Rainbow Haven was synonymous with a popular charitable summer camp for children. Today it's a destination for city dwellers looking to escape the summer heat. Rainbow Haven is lifeguard supervised and has wheelchair accessibility thanks to a system of well-placed boardwalks.

An enduring seaside spirit

Coastal culture. Eastern Passage community thrives on wildlife, festivals, outdoor sports and the ocean breeze

TOM
MASON
For Metro

Jackie Barkhouse was looking for a good community to raise a family when she moved to Eastern Passage 30 years ago. But most of all, she wanted to live by the sea. Today Barkhouse represents the Eastern Passage community on HRM council, her children are grown up, and she still can't imagine living anywhere else.

"I love nature and I love the ocean," she says. "We have so

much of that here in Eastern Passage. There's a tremendous community spirit here."

It's the same community spirit that has created festivals like the long running Eastern Passage Cow Bay Summer Festival and the Seaside Harvest Festival now in its fourth year. Barkhouse, one of the founders of the festival, says that it's a way to celebrate and learn about the coastal environment and lifestyle around Eastern Passage.

This year the Seaside Harvest Festival will also coincide

with Maritime Race Weekend on Sept. 14 and 15. Featuring everything from a five kilometre run to a full marathon, the races will start at Fisherman's Cove and run along the shoreline of Eastern Passage, along the Salt Marsh and Shearwater Flyer Trails to Cow Bay and Rainbow Haven.

For residents of the "Passage" living alongside wildlife is no big deal. "It's not unusual to walk the boardwalk on McCormack's Beach and see deer on Lawlor Island," says Barkhouse. "We've got ospreys and shore birds here. It's a wonderful place to observe nature. We have the islands with great hiking opportunities, and Rainbow Haven is a beautiful provincial park."

At the same time, the area

is fast becoming a mecca for sea kayakers and surfers who are drawn to the waters around Cow Bay by the ocean swells that roll into the beach there. Barkhouse says that avid surfers have been buying up homes in Cow Bay in recent years so that they can keep a close eye on the surfing conditions.

A number of schools in Eastern Passage including a new high school slated to open in September 2014 make the community a great place to raise a family, says Barkhouse. "We've got great outdoor sports facilities here. My own two children grew up playing soccer and my husband is a coach." And forget about flies and sweltering heat, she says. The ocean breezes act as a nat-

Quoted

"It's a wonderful place to observe nature. We have the islands with great hiking opportunities, and Rainbow Haven is a beautiful provincial park."

Jackie Barkhouse, HRM council — Eastern Passage

ural air conditioning system.

"We don't have a lot of large stores here but we have everything we need," says Barkhouse. "We get to enjoy something in Eastern Passage that's very unique. A piece of small town Nova Scotia near the heart of Halifax."



Rainbow Haven Beach lies at the entrance to Cole Harbour.

TOM MASON/FOR METRO



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Nature at your doorstep

Outdoors. The sprawling provincial parks that surround the Eastern Passage area are perfect for sightseeing

TOM MASON
For Metro

In Eastern Passage nature is never far away.

The community is ringed by three provincial parks. The largest is McNabs and Lawler Islands Provincial Park — the large islands near the mouth of Halifax Harbour that form the “passage” in Eastern Passage. The smallest is McCormacks Beach Provincial Park that lies next to Fisherman’s Cove in the heart of the community. On the other side of Cow Bay, Rainbow Haven Provincial Park marks the western edge of the Coastal Heritage Provincial Park system, a protected game sanctuary encompassing the marshes and beaches from Cole Harbour to Lawrencetown.

Once the site of a popular Halifax amusement park, McNabs Island is still home to a working lighthouse, a historic

graveyard, fortifications and abandoned buildings. For many species of birds, wildlife and plants, the island park is a sanctuary within view of the city lights.

Rainbow Haven edges the Peter McNab Kuhn Conservation Area, a 930 acre area of ecological sensitive land that was donated to the province of Nova Scotia in 1998 by Mary Osborne and David Kuhn. It is an excellent place to observe and photograph birds including waterfowl, shorebirds and a number of woodland species.

Access to the beach and to the marsh areas behind is provided by well maintained boardwalks which have the

added advantage of providing wheelchair accessibility. During the summer season lifeguards and canteen service are provided.

For hikers looking for a quick fix in the midst of Eastern Passage, the Shearwater to Cole Harbour trail offers more than seven kilometres of abandoned rail line. Beginning on Hines Road, the trail runs to Bissett Road where it connects with Cole Harbour’s Salt Marsh Trail and the Musquodoboit Railway Trail system. Despite its proximity to Eastern Passage and Cole Harbour, the forests along the trail are wild and undeveloped — ideal for hiking, biking or running.



Peter McNab Kuhn Conservation Area spans 930 acres. TOM MASON/FOR METRO



The McNabs Island Ferry is the quickest way to get to McNabs. TOM MASON/FOR METRO

All aboard for an island getaway

Boat tours. The Eastern Passage is a springboard for harbour cruising and pristine McNabs is only five minutes away

ator of the McNabs Island Ferry, Tilley ferries thousands of people every year from his berth at Fisherman’s Cove to the isolated island park in Halifax Harbour. The trip takes less than five minutes. The service allows hikers, birdwatchers, picnickers and history buffs the opportunity to book a trip to the island for a day of adventure. “I usually drop them off and pick them up at the south end of McNabs,” he says. “But they can make special arrangements to get dropped off at one end and picked up at the other.”

Why do so many people make the trip to McNabs Island every year? Mike Tilley reels off half a dozen reasons off the top of his head.

A thousand acres of intact, pristine forest, 30 kilometres of hiking trails, four 19th century forts, a National Historic Site, three historic houses, an unspoiled beach and more flora and fauna than you can possibly see in a day. “That’s about it,” he laughs. “Unless you love history, hiking and nature it really isn’t worth the trip.”

As the owner and oper-

Those who board Tilley’s boat have discovered one of the great pleasures of Eastern Passage: the community is a great place for those who aren’t fortunate to own their own boat to get out onto the waters of Halifax Harbour for a few hours. A number of charter companies run out of Fisherman’s Cove — companies such as A&M Sea Charters that

Quoted

“Unless you love history, hiking and nature it really isn’t worth the trip.”

Mike Tilley, McNabs Island Ferry owner
On the trip to McNabs Island

specializes in deep sea fishing adventures, whale watching and harbour tours. Like many boat operators in Eastern Passage, A&M captain Albert Conrod has been fishing the waters off the coast of Nova Scotia for more than 30 years.

Tilley also offers marine bird and mammal tours and he often takes school groups on educational field trips around the outer islands of Halifax Harbour. “McNab’s Island is a beautiful, unspoiled place,” he says. “And the great thing is that it isn’t going anywhere.”

TOM MASON

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The Cow Bay Moose has been a local landmark since 1959. TOM MASON/FOR METRO

Passage visitor picks

Attractions. Hot spots include the Shearwater Aviation Museum, Fisherman's Cove and The Cow Bay Moose

an extensive collection of other artifacts, an archive and a teaching program for local schools. The museum is currently restoring a Fairey Swordfish, the same type of naval biplane that played a role in sinking the German battleship Bismarck.

the fishermen who catch them. The Fisherman's Cove Interpretive Centre also features the work of popular local painter Clyde Henneberry.

The Cow Bay Moose

The giant moose that stands on a promontory overlooking Silver Sands Beach in Cow Bay has been a local landmark since 1959. It was created by Winston Bronnum, an artist famous for such roadside attractions as the giant lobster in Shediac, New Brunswick, the statue of Jumbo the Elephant in St. Thomas, Ontario and the six-meter tall "potato man" in Maugherville, New Brunswick. **TOM MASON**

Fisherman's Cove

Fisherman's Cove is the heart of Eastern Passage — a trendy, yet authentic fishing village full of artisan shops, popular local restaurants, artists galleries and a marine interpretive centre. Still a working fishing cove, its one of the few places left in urban Nova Scotia where customers can still buy fish directly from

Shearwater Aviation Museum
Because CFB Shearwater has functioned as a major Naval Air Base throughout its history, every plane on display at the Shearwater Aviation Museum represents an aircraft used by the Canadian navy. The museum displays 15 naval aircraft in its 35,000 facility and has

Cove finds new life

TOM MASON
For Metro

For Steve Traves, chairing the Fisherman's Cove board of directors involves wearing a lot of hats. He's involved in many of the standard requirements of the boards of directors — the myriad of marketing meetings and rebranding exercises that go with the job. But he and other members of the volunteer board aren't above rolling up their sleeves and helping to paint the buildings along the boardwalk.

It's all a labour of love, he says. "I live in the Passage. My wife's father was a fisherman here. Fisherman's Cove is a unique community gem that

you're not going to find anywhere else in the province. It's the hub of our community and the focal point where everybody congregates for events and special occasions. It's our business, our cultural and our social centre."

Fisherman's Cove began in 1996 as a way to attract new business to a community hard hit by the downturn in the in-shore fishery, but despite its unique position as a both a working fishing harbour and a tourist destination, the attraction was slow to catch on. That could be about to change.

Traves and the board of directors are developing a new business plan and branding strategy. Part of that strategy is to reframe Fisherman's Cove



as "the Gateway to the Eastern Shore" to allow the development to tap into the tourism of the Marine Drive. "We've come to the conclusion that we need to stop viewing ourselves in isolation," says Traves. "We're part of the Eastern Shore community and we need to reach out to other communities along the Shore to join in their promotional efforts."

Fisherman's Cove is also forging a relationship with the Nova Scotia Community College — enlisting students from the school's tourism program to help develop a marketing plan. "We're also looking to recruit students from the trades side of the school to help with things like repairs and renovations," says Traves.



Fisherman's Cove. TOM MASON/FOR METRO

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Cow Bay summer carnival

The 37th annual Eastern Passage Cow Bay Summer Carnival gets under way on Aug. 5 with a variety of events including a parade, a show and shine and a popular teen pageant.

The annual Teddy Bear Picnic happens on Sunday Aug. 5 from 1 p.m. to 2:30 p.m. at Community Gardens (Tallahassee School). Tuesday Aug. 7 features the 26th annual Bill Oakley Domino Topple. On Wednesday Aug. 8, the popular Blessing of the Fleet will take place at Fisherman's Cove at 8 p.m. followed by fireworks at McCormack's Beach at 9:30 p.m. On Thursday, Aug. 9, the Teen Pageant and Dance gets under way at 7 p.m. at Tal-

lahassee School.

Friday Aug. 10 will feature a day of activities starting with a sand sculpture contest at McCormack's Beach at 9 a.m. followed by a scavenger hunt, carnival rides and a talent competition at 6 p.m. An adult dance featuring the Melotones will take place at the Buffalo Club starting at 9 p.m.

A full slate of events will happen on Saturday Aug. 11 and Sunday Aug. 12, including the Carnival Parade beginning at 10 a.m. on Saturday, the Children's Parade at 1 p.m. on Sunday, more carnival rides, bingo, a show and shine and much more.

TOM MASON

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Celebrating our Community in 2012



Seaside FM's Stew Corbett and Calen Kinney celebrate Canada Day at Fisherman's Cove. CONTRIBUTED

Seaside FM makes a splash

TOM
MASON
For Metro

There's nothing flashy about 105.9 Seaside FM.

Certainly not the format, a steady stream of easy listening hits that harken back to a bygone era of radio. The station is operated as a not-for-profit business, staffed almost entirely by volunteers. Even its headquarters, an unassuming house across from Fisherman's Cove in Eastern Passage, is low key.

But for more than 25,000 listeners who tune in every day from around HRM and beyond, Seaside FM is a perfect

Quoted

"Coming to work is like a social event."

Calen Kinney, Seaside FM volunteer

musical mix.

Most of the broadcasters who volunteer their time and their talent are well known veterans of local radio and television: Frank Cameron, Paul Marr, Gail Rice, Wayne Adams, to name just a few.

The station has never had a problem attracting them, says Seaside FM founder and general manager Wayne Harrett. "They do it because they

have a great love for radio. They really enjoy bringing the kind of entertainment they grew up with to the people of HRM."

It was Harrett's own love for the medium of radio that led him to create Seaside FM a decade ago. He started out as a volunteer with Dalhousie University's CKDU, but a cleft palate kept him out of a job in commercial radio. "The commercial stations wouldn't even look at me," he says. He started his own station instead.

Calen Kinney is one of Seaside FM's volunteers — a broadcaster who takes the station's "summer cruiser" to

events and promotional activities around HRM. "Coming to work is like a social event," he says. "We've got over 40 staff who all love what they do. It's a great environment. Easygoing, just like our format."

Currently the station is fundraising for a new broadcast tower that will make its signal more accessible across HRM. They are also celebrating their tenth anniversary this Sunday, July 29 at the Nets Centre in Fisherman's Cove between 1 p.m. and 5 p.m. "We invite all our listeners to come down and join us," says Harrett.

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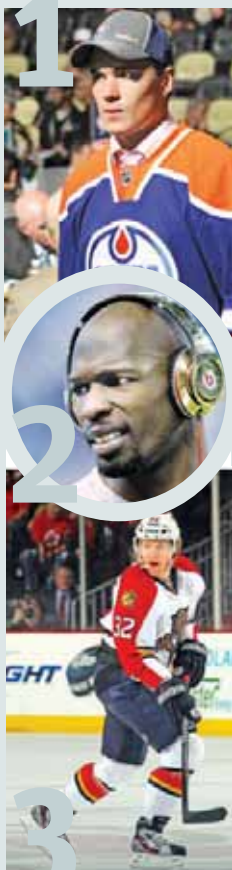
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Sports in pictures



NHL. Oilers sign Yakupov to 3-year deal

The Edmonton Oilers have signed their top overall draft pick Nail Yakupov to a three-year entry-level deal.

The right-winger was picked first in this year's draft, as Edmonton held the top pick for the third straight year.

THE CANADIAN PRESS

NFL. Chad is a Johnson once more

Chad Ochocinco is officially no more. The Miami Dolphins wide receiver has changed his name back to the original Chad Johnson.

THE ASSOCIATED PRESS

NHL. Kris Versteeg back with Panthers

The Florida Panthers and right-winger Kris Versteeg have agreed to a four-year contract.

The deal was one of the top off-season priorities for the reigning Southeast Division champions and cut the need for a scheduled Monday arbitration hearing.

THE ASSOCIATED PRESS

MLB. Yankees get Ichiro Suzuki from Mariners

Ichiro Suzuki is headed to a new team and, after all these years, maybe a shot at playing in the World Series.

The New York Yankees acquired the star outfielder from the Seattle Mariners in a trade Monday for 25-year-old righties D.J. Mitchell and Danny Farquhar. The Yankees, with the best record in the majors, also got cash in the deal.

The trade was announced a few hours before the Yankees played at Seattle.

THE ASSOCIATED PRESS



Ichiro Suzuki GETTY IMAGES FILE

NHL. Byfuglien pleads guilty to careless boating

Winnipeg Jets defenceman Dustin Byfuglien has avoided a trial on drunken-boating charges by pleading guilty to careless boating.

Byfuglien reached a plea deal on Monday, the day his trial was to start in Minneapolis, Minn.

Byfuglien was charged last August with boating under the influence and refusing to take a chemical test after an incident on suburban Lake Minnetonka, Minn. Careless boating is a misdemeanour, and Byfuglien was sentenced

Quoted

"After allowing the legal process to play out, we are thankful to see this matter resolved to the satisfaction of all parties involved."

Jets general manager Kevin Cheveldayoff in a statement

to a year's probation, two days of public service, a \$1,000 US fine and a day in an alcohol-education program.

THE ASSOCIATED PRESS

Nash gets his wish

NHL. Columbus sends star forward to New York Rangers in package deal

The New York Rangers have a new star forward.

The Columbus Blue Jackets have one less headache and three more quality players.

The Blue Jackets finally met captain Rick Nash's mid-season request and dealt him on Monday along with a third-round pick and a minor-league defenceman to the Rangers for centres Brandon Dubinsky and Artem Anisimov, defenceman Tim Erixon and a first-round pick next year.

The deal gives the Rangers a big, sturdy right wing to add to their core of solid young players and also helps them counter moves made by other Eastern Conference powers this off-season. Nash will join a New York offence that includes captain Ryan Callahan, Brad Richards and Marian Gaborik.

The Rangers were the No. 1 seed in the Eastern Conference last season and just missed out on the Presidents' Trophy for most regular-season points. New York defeated Ottawa and Washington in the playoffs before losing to New Jersey in the conference finals in six games. Nash im-

Salary cap hit

- Nash is in the third year of an eight-year contract he signed in 2010, which has an average annual value of \$7.8 million US.
- The total salary-cap hit of Dubinsky, Anisimov and Erixon is almost exactly the same.

mediately improves their credentials and gets them — on paper, at least — closer to their first Stanley Cup since 1994.

The Blue Jackets, meanwhile, ended months of speculation about what they would do after Nash went to management in January and asked to be traded. He later said, in a curious bit of logic, that one of his main goals was making the Blue Jackets stronger.

"The biggest thing is that when management said when they were going to make a rebuild and a reshape, I thought the best thing for the team and the organization would be to get assets for me," Nash said. "And I thought it would be best for my career."

The move to New York and a perennial playoff team should be a boon to his career, although it will require a major alteration in his lifestyle. Quiet and almost shy, Nash



Rick Nash controls the puck against the Chicago Blackhawks in January.

JONATHAN DANIEL/GETTY IMAGES

enjoyed playing golf at nice courses and walking around Columbus virtually unnoticed. That will end when he takes his act to the Big Apple.

Nash, the oldest player in

the deal at 28, is one of the most decorated players in the league. He is a five-time all-star who helped Canada win a gold medal in the 2010 Olympics.

THE ASSOCIATED PRESS

NHL

Bruins sign coach Julien to contract extension

The Boston Bruins have signed coach Claude Julien to a multi-year contract extension.

The deal comes a year after Julien led the team to the 2011 Stanley Cup championship — its first in

39 years.

In five seasons with Boston, Julien has a record of 228-132-50. He is third in franchise history with 410 games coached and fourth in wins, trailing Art Ross, Milt Schmidt and Don Cherry.

Under Julien, the Bruins have never missed the playoffs. They are 36-27 in the post-season since he arrived in 2007.

He was the NHL's coach of the year in 2009.

THE ASSOCIATED PRESS

NHL

NHL and players set for more talks

The NHL and the NHL Players' Association are set for another round of negotiations this week with the hope of establishing a new collective bargaining agreement before the current one expires on Sept. 15.

THE ASSOCIATED PRESS

CFL

Lions' Mitchell banned 2 games

The CFL suspended Khalif Mitchell for two games without pay on Monday after the B.C. Lions defensive tackle hyperextended the arm of Edmonton offensive lineman Simeon Rottier on Friday night.

THE ASSOCIATED PRESS

4 SPORTS

CHL

"The Memorial Cup was donated in 1919 to honour Canada's war fallen. It is unfortunate and deplorable to see it in such a state. The damages that were caused will be billed to the team."

A statement from Quebec Major Junior Hockey League commissioner Gilles Courteau on Monday. A summer of celebrations by the Shawinigan Cataractes has left the Memorial Cup looking like a train wreck.

Pictures published Monday by L'Echo de Shawinigan show the top of the 93-year-old cup bashed in and the two hockey player figurines on either side of the bowl missing. The newspaper said the wooden base was also cracked.

How the damage occurred was unclear. Each player on the team was allowed to have the cup for 24 hours to celebrate in his hometown. The Cataractes won the cup on home ice by beating the London Knights in the junior hockey final in May. A league spokesman said the cup will be returned to the Canadian Hockey League, which will have it repaired.

THE CANADIAN PRESS

Mobile sports



Tied for an American League wild-card spot after a 14-2 July, the Oakland Athletics' surge up the standings is creating a buzz throughout baseball. Can GM Billy Beane's new bunch of no-names and up-and-comers create a real-life Moneyball sequel? Scan the code for the story.

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Canada's Hesjedal banged up but ready to ride in Olympics



Ryder Hesjedal
DOUG PENSINGER/GETTY IMAGES FILE

Cycling. Victoria star will be one of many still feeling effects of Tour de France

While other athletes time their training to peak at the Olympics, the Tour de France cyclists arrive with their bodies still hurting from a brutal 3,497-kilometre trek.

Some, like Canadian Ryder Hesjedal, crashed en route and have the scars to prove it. Flying off your bike at close to 70 km/h into a tangle of bodies, machinery and unforgiving tarmac is hardly an ideal entrée to the summer Games. But such is the harsh world of elite road racing, where breaking down your body is par for the course.

"It's a hard sport," Hes-

Quoted

"It's a tough sport and it doesn't always go according to plan. That's the way life is, also."

Ryder Hesjedal on having to withdraw from the Tour de France

jedal said dryly from his home in Girona, Spain.

The 31-year-old from Victoria was hurt July 6 during the sixth stage of the Tour, one of at least two-dozen riders caught up in a nasty crash with 26 kilometres left on the day.

In the carnage of the crash, the Giro d'Italia winner went down and suffered road rash to his hip, knee and ankle. But the real damage came when, upon impact, his leg slammed into another

rider's bike.

"Just like a baseball bat being swung into your leg," Hesjedal said by way of description.

Hesjedal withdrew from the race and returned to Spain. Amazingly, after a travel day, he was back on a home training bike the next day for an hour.

"Kind of the worst thing you can do is stop completely for a few days and let the leg seize up," he said.

"I feel good on the bike. It's hard to say unless I did a world-calibre race tomorrow where the real feeling is."

Hesjedal, who was scheduled to leave Monday for London, will find out soon enough at the Olympics. He races Saturday in the road race and Aug. 1 in the individual time trial.

THE CANADIAN PRESS

In high gear

Wiggins heading home on a roll

After making history in Paris, Tour de France champion Bradley Wiggins is heading home to London hoping to add an Olympic gold medal to his yellow jersey.

The first Briton to win cycling's showcase event will start the Olympic time trial Aug. 1 as a big favourite for the gold, after dominating the event twice during the Tour de France.

The 32-year-old Londoner showed during the Tour that he can beat all comers in the race against the clock, even after 2,175 miles of racing over three weeks in one of the ultimate endurance tests in all of sports.

After donning his winner's yellow jersey on the Champs-Élysées, Wiggins immediately began turning his focus to his Olympic race in just over a week. He even promised to forgo the Tour winner's traditional glass of champagne.

"Everything turns to the Olympics and I'll be out on the bike tomorrow and I've got an Olympic time trial to try and win," Wiggins said.

Sacrificing the traditional Tour winner's party was difficult but necessary, Wiggins said, because winning in his home Olympics "is a higher priority than anything else."

Mark Cavendish, Wiggins' teammate on Team Sky, also is aiming to transition quickly from Parisian boulevards to English lanes.

The world champion from Britain's Isle of Man wants to follow up his dominating sprint victory on the Champs-Élysées on Sunday with a win in the Olympic road race on Saturday. If anything, Cavendish is even more heavily favoured to win the road race than Wiggins is in the time trial.

THE ASSOCIATED PRESS



Draped with a Union Jack, Bradley Wiggins celebrates winning the Tour de France on Sunday in Paris.

BRYN LENNON/GETTY IMAGES

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Mining for medals



Ryan Cochrane

Victoria distance swimmer Ryan Cochrane intends to upgrade the bronze he won in the 1,500-metre in Beijing and go for a second medal in the 400.

Mary Spencer

She lost her opening bout of the world championship, which was also an Olympic qualifier, in May.

After an agonizing wait, the IOC's Commission gave her a wild-card spot in the 75-kilo-gram class. The Warton, Ont., fighter still has a chance to show she's one of the best in the world.



Paula Findlay

Edmonton's Paula Findlay was the woman to beat in triathlon a year ago, but she's had to baby a nagging hip injury. Her first international race this year will be the Olympic triathlon.

THE CANADIAN PRESS

Fun strangely absent for Canada leading up to Games

Projections. Crashes, injuries and setbacks have hampered preparation for London

Canada's road to London has been a bumpy one.

Equestrian champion Eric Lamaze's horse died during a competition, Alexandre Despatie smashed his head on the diving board, triathlete Paula Findlay has been hindered by a hip injury, and Canada's star hurdlers Perdita Felicien and Priscilla Lopes-Schliep didn't even make the Olympic team.

Three-time world champion boxer Mary Spencer required divine intervention by the International Olympic Committee just to get to the Games.

And then there was cyclist Ryder Hesjedal, who went down in a pile of bodies and bikes during the Tour de France. The silver lining is he'll get some rest before the men's road race and time trial in London.

But Canada's athletes will put the pre-Games bad luck behind them when the summer Olympics officially kick off with Friday's opening ceremonies in East London.

Quoted

"We've been pretty conservative in our medal projections.... Anything better than what we won in Beijing would be great."

Anne Merklinger, head of Canada's Own the Podium program.



Alexandre Despatie suffered a 10-centimetre gash on his forehead during training in June. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Patience necessary

Canada was a slow starter in both 2004 and 2008.

- The opening seven days of competition in Athens produced one bronze medal. Canada was shut out the first seven days in Beijing.

1996.

Canada tied for 14th in Beijing with 18 and won just 12 in Athens in 2004 to finish 19th.

The country isn't as deep in summer-sport talent as it is in winter. Canada can't afford any more misfortune

if it is to finish among the top-dozen countries in London.

"Top 12 in 2012 is an ambitious goal, but when you're striving for new levels of excellence, that's always going to be challenging," says Chris Overholt, chief executive officer of the Canadian Olympic Committee.

Think of the total number of medals to be won as a pie. China, the United States, host Britain, Russia, Germany and Australia will eat almost half of it.

Japan, France, Italy and South Korea will fork out healthy slices for themselves. Canada has to elbow

aside Spain, Cuba, Belarus, Brazil, the Netherlands and Ukraine to get a piece.

"The medal race is so, so tight," says Anne Merklinger, head of the Own the Podium program. "We know one medal is going to make the difference between 13th and 20th."

If you put stock in such things, a USA Today online projector forecasts that Canada will win 18 medals again with five gold, six silver and seven bronze.

USA Today says the number is "based on an algorithm that monitors athletes' performances leading up to the Games."

Sports Illustrated projects 17 medals (2-8-7) for Canada.

Kayaker Adam van Koeverden of Oakville, Ont., in the 1,000 metres and mountain biker Catharine Pendrel of Kamloops, B.C., are reigning world champions in their respective sports.

The glamour sports of swimming and track and field provide a mother lode of medal chances. Canada isn't a major player in either, with a bronze in each in Beijing.

Improvement is expected in both, however, with three medals in swimming and two at the track the stated goal for London.

Canadian athletes to watch during London's opening week include Armstrong, Ontario trampolinists Karen Cockburn, Rosannagh MacLennan and Jason Burnett, the rowing eights and cyclists Hesjedal of Victoria and Clara Hughes of Glen Sutton, Que., in the time trial.

THE CANADIAN PRESS

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Horoscopes

Aries

March 21 - April 20

Your thoughts will be "out there" today. Whether they bear any relation to reality remains to be seen but no one can accuse you of lacking vision — or playing down your capabilities. You build your own future.

Taurus

April 21 - May 21

You will get the chance to improve your reputation for tolerance. Allow yourself to be open to suggestions, but make sure they are suggestions from people you know you can trust. Don't take tolerance too far.

Gemini

May 22 - June 21

You will have plenty to say for yourself over the next 24 hours and not all of it will be music to other people's ears. But someone needs to spell out the truth this coming week. That someone is you.

Cancer

June 22 - July 23

You will have some money-making ideas over the next few days. Not that money is everything but it is a means to an end and it's your right, even your duty, to make sure you've got enough of it.

Leo

July 24 - Aug. 23

The planets indicate the more chances you take now, the more likely it is you will make a major breakthrough over the next few weeks. In your personal life and your career, don't let anyone limit you.

Virgo

Aug. 24 - Sept. 23

You could get worked up for no good reason today. Where is that cool Virgo who never shows any sign of emotion? No matter what happens over the next 24 hours, it isn't worth getting upset about.

Libra

Sept. 24 - Oct. 23

Everyone seems to want your advice right now and you're quite happy to give it. Your social life will also be good over the next few days — but don't let it get out of hand.

Scorpio

Oct. 24 - Nov. 22

You know what you should be doing with your life and you know that you need to make a start soon. Why not make it today? Don't plan too far ahead. In fact, plan only for the next 24 hours.

Sagittarius

Nov. 23 - Dec. 21

You seem to have the gift of the gab at the moment. You sound so convincing that others believe anything you say. That means you have a responsibility to make sure that what you say is the truth.

Capricorn

Dec. 22 - Jan. 20

Come out of your shell and take a few risks. With Mercury linked to Jupiter, planet of luck and good fortune, you won't put a foot wrong over the next 24 hours, so what are you waiting for? Be extraordinary.

Aquarius

Jan. 21 - Feb. 19

You know that a relationship problem needs to be dealt with sooner rather than later, so get on and do what has to be done. Someone has to make the first move and that someone will have to be you.

Pisces

Feb. 20 - March 20

Can you make a difference in the world? Of course you can. But you won't make any difference at all until you get out of your chair and do something. Once you start moving you won't be able to stop. **SALLY BROMPTON**

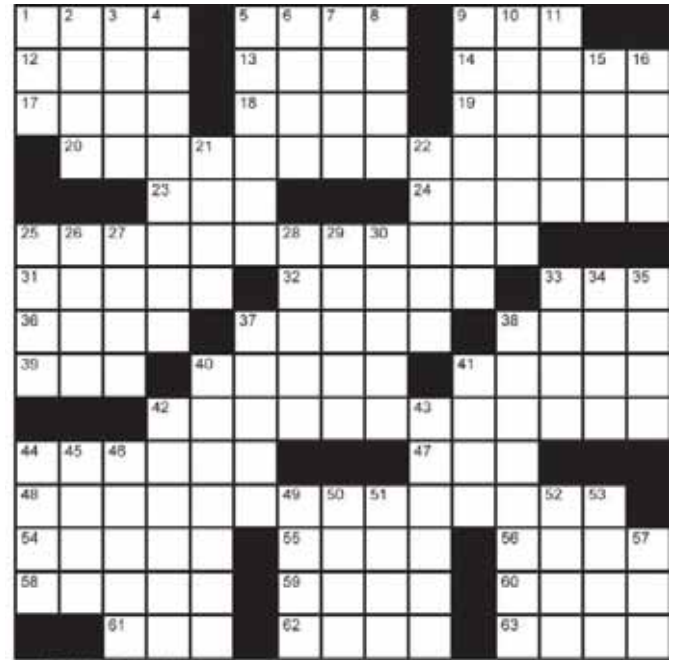
Crossword: Quotable Notable

Across

1. Small British sports cars
5. Sax type
9. Bell and Kettle, e.g.
12. 1979 Iranian exile
13. Québec-born chanteuse Celine
14. Assume the role of
17. Org. to which Hungary, Poland, Czech Republic, and others, belong
18. Boxing Day event
19. Snow: Fr.
20. With 25-, 33-, 42-, 61, and 62-Across, 48-Across quote
23. Part of t.i.d., in prescriptions
24. They're gripping
25. See 20-Across
31. Diacritical mark resembling an inverted caret, most often seen in Czech
32. Male swine
33. See 20-Across
36. Pain
37. Fishing site
38. The Kingston ____
39. Bout ref's call
40. Breakfast spots
41. South American ring-tailed carnivore
42. See 20-Across
44. Fortuneteller's cards
47. Leading dye brand
48. The quintessential Canadian humorist
54. Old Turkish VIP
55. "Skip ____ Lou": kids' song
56. Canadiens or Jets
58. Beer glass
59. I know: Lat.
60. Aware of
61. See 20-Across

Down

1. Alternative to AOL or Yahoo!
2. Indian mountain range or pass
3. Big financial setback, figuratively
4. Something to keep loafers in shape
5. Accumulate on a surface, as a dissolved substance
6. Prevaricator
7. Tattled
8. About half of all binary code
9. Some envelopes
10. Passed (a test) with ease
11. Crooked site in a nursery rhyme
15. Antiquing agent for furniture
16. Areas on movie lots
21. Welsh emblem
22. Copycats
25. Not this
26. Break into the system
27. Acoustical engineer's concern
28. Electronic attempt to subvert our reading habits
29. *Willy ____ and the Chocolate Factory*
30. "... would thou ____ ne'er been born": Othello
33. Gets ____ deal: is treated unfairly
34. 1920s leading lady ____ Naldi (anagram of TINA)
35. Deliver the coup de



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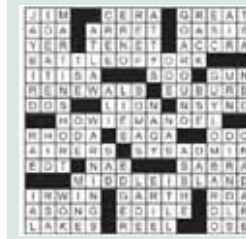
BY MICHAEL WIESENBERG

grâce to
37. Band of bandit baggers
38. Direct, as a confrontation
40. "Famous" company that sponsors an annual hotdog eating contest where it all started, Coney Island
41. Currently fashionable
42. *Two Women* Oscar

winner Loren
43. One may come in a box of 64
44. Cooking amts.
45. Rat follower
46. Darn again
49. US agcy. that investigates crashes
50. Crazy
51. Mideast ruler
52. 1/100 of a loonie

53. Actress Hudson or Winslet
57. ____ Eisley, *Star Wars* cantina town

Friday's crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

1	5	9	7	2	8	6	4	3
7	8	6	4	9	3	1	2	5
3	2	4	1	6	5	7	9	8
6	3	7	2	8	1	9	5	4
4	1	2	9	5	8	3	8	7
5	9	8	3	7	4	2	6	1
8	4	1	6	3	2	5	7	9
9	6	3	5	4	7	8	1	2
2	7	5	8	1	9	4	3	6

	6			2			4	
4		5	9		8			7
3		8			4	1		9
2				5	3			
	9	4				3	7	
			4	9				8
9		2	6			4		1
8			2		1	5		6
	5		3				8	

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Wednesday

23°/13°
Showers
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- 6,500 lbs Towing Capacity
- 16" alloy wheels

- Front Double Wishbone Suspension
- Rigid Multi-Leaf Rear Suspension
- Fully Boxed Full-Length Ladder Frame

PLUS

- Hood Deflector
- Tonneau Cover
- Atlantic Edition Graphics



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